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BATTLE AGAINST BULLYING RESUMES

MOTHERS OF TWO DECEASED VICTIMS URGE OTHER
PARENTS TO ADDRESS PROBLEMS WITH KIDS PAGE 3

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Tuesday, September 4, 2012



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NEW KIDS ON THE BLOCK

First-year students raise their hands at a photo shoot during Turfburn, part of orientation week at Saint Mary's University on Monday. Classes for the new school year begin at Halifax universities this week. JEFF HARPER/METRO

Slow down, cops warn

Driving. New, reduced limits for school zones now in effect

Drivers will see a heavier police presence in and around school zones this week thanks to a new speed law that has taken effect.

Provincial legislation enacted Sept. 1 means drivers must reduce their speed to 30 km/h in school areas when children are present — even if the posted limit is 50 km/h an hour.

If the posted limit is more than 50 km/h in the approach to the school zone, the reduced limit is 50 km/h.

Halifax RCMP Const. Tammy Lobb says patrol officers will be out in force over the coming week to help drivers remember the new rules.

"We'll be out there raising awareness of the new school-zone legislation, enforcing law, talking to members of public," she said.

An information page on the provincial government website says children are considered present when they're outdoors within 30 metres of the roadway, and the new speed limits will be in effect 24-7.

Penalties

Fines for breaking the new school-zone speeding law:

- **0-15 km/h over:** \$340.21, 2 penalty points
- **16-30 km/h over:** \$455.21, 3 penalty points
- **31 km/h or more over:** \$685.21, 4 penalty points

Lobb says it's a law that has the best interests of excited school kids at heart.

"In most cases, outside of regular school hours, schools are also used for community activities throughout the year and a number of sports after-hours," she said. "It's important that motorists be aware of pedestrian traffic and regular motor-vehicle traffic in and around school zones."

Lobb says patrol officers began reminding drivers of the new law last week through information checkpoints and social media.

Police are also reminding drivers that it's illegal to pass a school bus that's stopped with red lights flashing.

RUTH DAVENPORT/METRO

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Safety issue

Tourists say fence would ruin camp's spectacular views

Tourists admiring the view from Cape Breton's most northerly point were unanimous in their opinion that a fence should not be erected at the Meat Cove Campground.

A 64-year-old Bedford man, who had been camping in the hamlet alone, died when he fell over a 30-metre cliff sometime after dark on Aug. 24.

Susumu Yoda had been camping close to the cliff's edge. RCMP ruled his death an accident, but investigators couldn't determine whether it was a case of him wandering too close to the edge of the embankment in the dark, or if he lost his footing, resulting in the fall.

On Sunday, those visiting the remote community — a trip of about eight kilometres from the nearby community of Capstick — believe a fence or railing would take away from the natural beauty of the area.

Justin Duc of Niagara-on-the-Lake, Ont., was hiking through the community with his girlfriend Sarah Chew when they stopped to sit at a picnic table near the cliff.

Duc said he doesn't believe building a fence is the answer.

"Obviously it's a good idea for safety's sake, but that seal there that I just saw, I probably wouldn't have seen it if there was a fence right there," he said.

Provincial regulations state that managers of campgrounds must keep their campsites safe and well-maintained. However, nothing is said about the need for fences or other barriers. The owner of the Meat Cove Campground has already said he doesn't intend to erect a fence at the edge of the cliff.

CAPE BRETON POST



Pam Murchison holds a photo of her daughter, Jenna, in this file photo. Jenna took her own life after being repeatedly bullied online. METRO FILE

Back to school means back to bullying fears

Critical issue.

Victims' parents urge families to address problems at home



RUTH DAVENPORT
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Amid the whirl of back-to-school preparations, two Nova Scotia families are suggesting parents make time for a talk about bullying.

"Make sure that you know what's going on with them," said Pam Murchison of Belmont. "You only see what your

Tough years

"Kids are cruel. You couldn't pay me enough to be a teenager again."

Pam Murchison, mother of Jenna Bowers-Bryanton, bullying victim

kids want you to see, so try to be vigilant with their cell phone and computer use."

Murchison's daughter, Jenna Bowers-Bryanton, took her own life in January 2011 after suffering relentless online attacks.

Murchison says she tried to respect her daughter's wishes to just "leave it alone" — and now regrets that she didn't wade in.

"Sometimes you have to overstep the line if you know your kids are hurting and you know there's something that needs to be done," she said.

Sharon Brown's daughter, Courtney, committed suicide in March 2011 after being targeted by bullies.

"Talk to your kids," said Brown. "None of us even (saw) the signs with Courtney."

Brown says she and her

husband are trying to address bullying in Parrsboro by opening a youth centre where kids can play games, watch movies, and seek discreet help from a youth counsellor.

"It's just to get them to hang out with each other, so the main thing is there's no bullying and nobody's better than anyone else," said Brown.

Murchison says the province needs to take action on the recommendations released by a provincial task force in March — specifically one that would allow police to get information quickly from Internet providers when someone's engaging in online bullying.

Mobile news



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Berwick. Man charged with armed robbery in gas-station heist

A 22-year-old man will appear in court Tuesday charged with armed robbery and wearing a disguise while committing an offence.

Kings County RCMP arrested a Windemere man Sunday after an armed robbery at a Berwick gas station.

At 10:30 p.m., police responded to a holdup on Commercial Street. A suspect had entered the business, displayed a knife, and demanded cigarettes and cash, police say.

He then fled the business

Exclusively online

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on foot. The employee working at the time was not injured.

As a result of the investigation, officers located and arrested the suspect in a nearby apartment.

KENTVILLE REGISTER

Morning fire

Blaze that ravaged home on South Shore suspicious: Police

A fire at a home in Bridgewater has been deemed suspicious.

Investigators believe the fire on LaHave Street was deliberately set in the basement of the two-storey home.

The blaze was reported

by a witness who saw the flames from the street around 5 a.m. Sunday.

Nearly 80 firefighters helped battle the fire and were able to keep it from spreading to neighbouring homes.

A family of three had been living on the ground floor, but they were not home at the time of the fire.

Bridgewater police are asking anyone with information to contact them or Crime Stoppers.

THE CANADIAN PRESS

Three facing charges. Police deal with rash of pellet-gun shootings

Three teenagers will be appearing in court to face weapons charges after a man was shot with a pellet gun in Halifax over the weekend.

The man was walking on Mumford Road near the West End Mall when he was shot by someone in a passing car at 3:15 a.m. on Sunday, receiving minor injuries to his arm.

Police say they later stopped the vehicle and arrested the two 18-year-olds and a 17-year-old inside.

They say a BB-style gun was found in the car.

Another victim then ap-

Court date

- The teens are each facing two counts of assault with a weapon and possession of a weapon for a dangerous purpose.

proached officers at the scene and said he had been shot by a pellet gun while walking on Quinpool Road.

And now, police think there may be even a third victim of a pellet-gun shooting early Sunday.

THE CANADIAN PRESS

Great Barren Lake

Divers recover body of swimmer

RCMP divers have recovered the body of a missing swimmer in Yarmouth County.

The Mounties have identified the man as 52-year-old Sean Armstrong of Belleville.

Police say they responded to a 911 call on Saturday about a man that had experienced trouble while swimming in Great Barren Lake at Owl Head Island. THE CANADIAN PRESS

Pictou County

Man killed after ATV leaves road

RCMP have identified a 26-year-old man killed when his all-terrain vehicle left a rural road and crashed in Pictou County.

Police say the victim was Jason MacPhail of Caribou.

MacPhail's body was found Saturday just off the Second Division Road in the Scotch Hill area.

THE CANADIAN PRESS



Members of various unions march as part of Labour Day activities in downtown Halifax on Monday. JEFF HARPER/METRO

Workers unite for Labour Day rally

March to the Common. Right to strike, tuition, safety main issues

HALEY RYAN

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Colourful flags and banners waved in the sunshine on Labour Day Monday as hundreds of people marched in Halifax to promote the rights of workers.

Union members, families and children gathered at Victoria Park to learn songs and hear speeches before walking to the Halifax Common for an early afternoon rally.

"It's the one day of the year that we actually get to recog-

nize our triumphs in the labour movement," said Joan Jessome, president of the Nova Scotia Government & General Employees Union.

"When you're speaking up for the average citizen, you're always under attack, so it's really nice to be surrounded by people of the same mindset."

Jessome said her union's interactions with the provincial NDP government haven't always been smooth, but added they have never gone after bargaining rights.

Several members of the NDP attended Monday's rally, including Labour Minister Marilyn More, who spoke to the crowd.

"On that note, I think they've done better," Jessome said about the NDP compared

to past provincial governments.

John Hutton, a fourth-year student at Dalhousie University, said he sees no difference for workers or young people under the NDP.

"People are still facing cuts to health care, cuts to education ... cuts to their pensions," said Hutton. "What's the difference?"

Hutton has a part-time job to help pay for school and says unions are necessary for those just starting in the workforce.

"We have double the unemployment rate, we start off at lower wages... Young people have it the most difficult in this economy," he said.

"You can't detach the university and education issues from the workers issues. Good education leads to good jobs."

Raising their voices

Some chants heard at Monday's Labour Day rally:

- "Clap our hands and say it loud, Halifax is a union town."
- "Education is our right, we will not give up the fight."
- "So-so-so-solidarity."
- "We gotta beat back the Harper attack, we gotta beat-beat back, the Harper attack."
- "One struggle, one fight. Workers unite."

Man pepper-sprayed, charged with assaulting cop

Tantallon incident

- Police say alcohol was a factor in the incident.

allegedly assaulted the officer as she tried to arrest him.

"He started resisting arrest and they ended up in a struggle," said Halifax RCMP spokeswoman Const. Tammy

Lobb.

The officer then deployed her pepper spray to help gain control of the situation.

Lobb said the officer was treated on scene for minor injuries, as was the 21-year-old man after being pepper-sprayed.

He is now due in Halifax provincial court at a later date to face the three charges.

PHILIP CROUCHER/METRO

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'It was a great, great show'

Under-21. Great weather, great action makes for successful beach volleyball event



MATTHEW WUEST
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The sun can't shine every day — except, it seems, when the FIVB world junior beach volleyball championships are held in Halifax.

The five-day under-21 tournament wrapped up on Sunday at the Sands at Salter along the Halifax waterfront, and for the second straight year, clear skies prevailed over one of the country's

rainiest cities.

Although none of Canada's seven entries advanced to the medal games on the final day, an estimated 17,000 fans checked out the action throughout the week, a slight increase over 2011.

"We caught lightning in a bottle the first time, so we tried again this year and it even exceeded what happened last year," said event director Derek Martin. "We had great matches, the crowd was jam-packed, there wasn't an empty seat in the stands, and it was a great, great show."

Martin joked that if he has a secret to getting good weather, he "can't give it away." But he said there's "no denying" the sunny skies

Quoted

"These events are good for the city and the region from an economic impact standpoint. We want to have a discussion with those folks to say, 'How can you help us support things like this and make it work for everybody?'"

Derek Martin, event manager for 2012 FIVB world junior beach volleyball championship

contributed to the event's success.

While the FIVB world junior beach volleyball championships aren't expected to return to Halifax for a third straight year, Martin's company, Sports and Entertainment Atlantic, is looking into the possibility of bringing a professional beach volleyball event to the city.

"The only way to go, the next step up, is to bring in the professionals, the same athletes we were watching at the Olympics," he said. "It would be pretty cool for people to see the level of those athletes versus what they've seen the past few years at these events."

But Martin cautioned that another high-profile beach

Volleyball championship

- Switzerland's Nina Betschart, just 16 years old, won her second straight FIVB world junior (under-21) beach volleyball championship in Halifax on Sunday.
- Betschart, with a new partner, Anouk Verge-Depre, beat Brazil's Drussyla Costa and Rebecca Silva in the final, 21-16, 21-17. She is eligible to compete in the tournament three more times.
- "This shows people that we have more than good skiers in Switzerland," she said.
- On the men's side, Poland's Piotr Kantor and Bartosz Losiak topped Switzerland's Mirco Gerson and Gabriel Kissling 21-15, 21-14. — Matthew Wuest

volleyball event is far from a guarantee. He said he's taking at least a month to review the numbers and drum up more support.

"We're in 'thought mode' now," he said. "It would be a shame not to continue on with something because we've learned a lot."



Canada's Melissa Humana-Paredes, left, celebrates with teammate Taylor Pischke after winning a point in a match against Guatemala last Thursday at the FIVB world junior (under-21) beach volleyball championships in Halifax. JEFF HARPER/METRO

Closure of rehab centre like losing a home: Ex addict

Years of drug abuse left Brian Miles with a rap sheet so long that he can't remember exactly what landed him in a Cape Breton jail for 30 days three years ago.

But Miles never forgot the advice he received on his last day from a fellow convict: get clean and seek help from Talbot House, a now-defunct rehabilitation centre whose closure experts say underscores a troublesome gap in services for addicts in the region.

"I feel I was reborn," says Miles, who was shooting opiates and cocaine before he moved into the 18-bed house for men in rural Frenchvale in 2009.

"I was a criminal. I was a mess. I would steal and rob and cheat. That was my life. I had no morals or values whatsoever. Talbot House taught me all that."

Miles, now 31, spent 14 months at the charming stone house located about a half-hour's drive from Sydney and the temptations more readily available in the city.

Unlike programs that use the synthetic opiate methadone to treat withdrawal symptoms, Talbot House required total abstinence from drugs and alcohol. It was the only facility of its kind in Cape Breton to offer a long-term, methadone-free approach to

recovery.

Founded in 1959, the non-profit facility hosted men aged 19 and over from across Atlantic Canada. Its methods ranged from group and one-on-one discussions to acupuncture.

Talbot House closed its doors in March in the middle of an organizational review by the Department of Community Services, which then discontinued its funding.

The review, launched after a complaint from a former resident, concluded the facility hadn't been operating in compliance with provincial standards. The board has vigorously challenged the review's findings.

Deadline for proposal

Last week, the provincial government announced it would extend a deadline for the volunteer board of directors at Talbot House to submit a proposal to resume operations.

Dr. Linda Courey, executive director of mental health and addictions services for the Cape Breton District Health Authority, says men seeking the kind of help Talbot House offered have been left in the lurch in the six months since the closure was announced.

THE CANADIAN PRESS

Three months. Extension given for salvage of ship stranded off Cape Breton

A salvage company has been granted a three month extension to remove a derelict ship that ran aground off Cape Breton almost a year ago.

Dan Davis, a spokesman with the Department of Natural Resources, said Saturday that New York-based Bennington Group has been given until Dec. 1 to remove the MV Miner, which has been stuck off Scatarie Island since Sept. 20, 2011.

Toronto MP Olivia Chow and Nova Scotia MP Peter Stof-



Peter Stoffer METRO FILE

fer told a news conference that the ship remained a threat to local lobster fishing and a risk to the ecosystem and needed to be removed as quickly as possible.

THE CANADIAN PRESS

Dialogue not on Assad's wish list

Syrian conflict.

President Bashar Assad's regime says there will be no talks before rebels are defeated

The Syrian regime said Monday there will be no dialogue with the opposition before the army crushes the rebels, the latest sign that President Bashar Assad is determined to solve the crisis on the battlefield even if many more of his people have to pay with their lives.

The statement comes a day after activists reported that August was the bloodiest month since the uprising

began in March 2011.

"There will be no dialogue with the opposition prior to the Syrian army's imposition of security and stability in all parts of the country," Information Minister Omran al-Zoebi told reporters at a news conference in Damascus.

The opposition has long rejected any talks with the regime until Assad is removed from power.

Muhieddine Lathkani, an opposition figure based in Britain, responded to the minister's comments by saying "the key to any dialogue will be the departure of Assad and dismantling of the regime's security agencies that committed all these crimes."

Lathkani told The Associ-

ated Press by telephone that after that happens, there could be a dialogue.

Earlier in the day, the new UN envoy to Syria acknowledged that brokering an end to the civil war will be a "very, very difficult" task.

Activists on Sunday said some 5,000 people were killed in August, the highest toll in the 17-month-old uprising and more than three times the monthly average.

At the same time, the UN children's fund, UNICEF, said 1,600 were killed last week alone, also the highest figure for the entire revolt.

The civil war witnessed a major turning point in August when Assad's forces began widely using air power for the

Difficult situation

"It is definitely a very, very difficult mission."

Lakhdar Brahimi, special UN envoy
On the UN mission in Syria

first time to try to put down the revolt.

The fighting also reached Syria's largest city, Aleppo, which had been relatively quiet for most of the uprising.

Diplomatic efforts to solve the seemingly intractable conflict have failed so far.

A peace plan by former UN secretary-general Kofi Annan never got off the ground, and Annan quit his post as special UN envoy. He was replaced Saturday by Lakhdar Brahimi,

a 78-year-old former Algerian foreign minister.

Brahimi, who also served as a UN envoy to Afghanistan and Iraq, commended Annan on his work, saying he did "everything possible."

In Damascus, Information Minister al-Zoebi pledged that Syria will co-operate with the new UN envoy.

"We will give him maximum assistance the way we did with Kofi Annan."

THE ASSOCIATED PRESS

Violence continues

In the latest violence on Monday, activists said more than 100 people were killed — many of them in two air raids that knocked out large parts of buildings in the northern province of Aleppo.

- **Air attack.** Government warplanes bombed the town of Al-Bab, killing at least 19 people, and the Aleppo neighbourhood of Myasar, where 10 people, including four children, were killed.

- **Online.** An amateur video posted online showed men frantically searching for bodies in the rubble of a white building smashed into a pile of debris.

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Cancer ride. Cyclist aiming to raise \$100K

Diane Klich was sitting on the fence about whether she was up to the gruelling task of cycling across the country to raise money for childhood cancer research, when she happened to email an old friend who lives in New York City to say happy new year.

The most she had ever cycled then was 60 kilometres, riding at about 20 km/h. And, with no fundraising experience, the minimum \$25,000 pledge to enter the fifth annual Sears National Kids Cancer Ride was equally daunting.

Then her university pal sent a heart-stopping reply: His two-year-old daughter was battling leukemia.

"It was a sign," said the 37-year-old from Toronto.

"None of my fears could be as big as theirs were at that moment, so I just decided to sign up. At that moment I applied."

Klich will depart on the 17-day journey from White Rock, B.C., with more than 50 other cyclists from across the country on Wednesday.

Her ambitious goal is to raise \$100,000 through donations and in-kind sponsorships. As of last week, she had collected \$60,000 in sponsorship money from Metro and another \$10,000 in cash donations.

The riders will arrive in Halifax Sept. 21 after completing the 7,000-kilometre journey.

To donate, visit searsnationalkidscancerride.com.

KATE WEBB/METRO IN VANCOUVER



Diane Klich, seen here outside the Telus World of Science in Vancouver, will depart White Rock, B.C., with other cyclists on the 17-day cross-country Sears National Kids Cancer Ride Wednesday. KATE WEBB/METRO

Border agency. Travellers complain of service woes

A complaints system run by the Canada Border Services Agency is documenting cases of travellers enduring rude behaviour and lengthy interrogations, as well as one case where someone was falsely identified as a person "with criminal ties."

According to quarterly reports obtained by The Canadian Press through the Access to Information Act, there were 1,105 complaints — about six per day — about the services provided by the agency's employees from Jan. 7 until the end of June last year.

A report by the agency on the revamped complaints system says .0025 per cent of all travellers complain about the service from its employees, adding "this rate will be used in future media calls as it puts the Canada Border Services Agency in a positive light."

But a civil liberties advocate says he is concerned about the incidents that have emerged and believes it demonstrates an independent oversight agency is needed, similar to arms-length commissions that oversee police agencies. THE CANADIAN PRESS

London

Prince Harry out of hiding after nude-pics scandal

Prince Harry has made his first public appearance since nude photos of him made international headlines. He attended an awards ceremony Monday for the charity WellChild to celebrate the lives of seriously ill children and the doctors who care for them. THE ASSOCIATED PRESS

Ontario

Five rescued from Niagara Gorge on long weekend

Canadian parks police say they rescued five people from the Niagara Gorge during two incidents over the weekend. Two Toronto-area visitors and three men were recovered. The men, who allegedly climbed over a retaining wall, face trespassing charges. THE ASSOCIATED PRESS



The RCMP grounded a protest plane over security fears Monday in Ottawa, provoking censorship accusations from the Public Service Alliance of Canada. COURTESY OF PSAC

Plane with anti-PM banner grounded

Ottawa. Union accuses Mounties of pulling down aircraft for 'political reasons'



JOE LOFARO
Metro in Ottawa

The RCMP ordered a plane sporting a message that was critical of Prime Minister Stephen Harper to land at an Ottawa airport Saturday, the Public Service Alliance of Canada (PSAC) said Monday.

The RCMP said officers made a mistake and thought the plane was flying in the restricted zone of Parliament Hill. NAV Canada con-

Quoted

"Had the RCMP been concerned about the plane's potential route, it could have easily communicated with the pilot via radio and sought clarification rather than ordering it back down to the airport."

Press release from the Public Service Alliance of Canada

firmed Monday the plane did not stray into the restricted area.

RCMP A Division spokesperson Cpl. Lucie Shorey initially denied the federal police force ordered the plane down, but she later contacted Metro saying new information had come to light.

"The RCMP is mandated with protection of Parliament Hill. The plane was perceived to be flying in

the restricted airspace," she said. "As such, the RCMP requested the plane to land and we undertook questioning of the pilot involved to determine if there was any threat. It was deemed there was not a threat."

In a press release sent by the union — which represents more than 170,000 workers in the federal public service — a spokesperson said the banner attached to

the plane read "StephenHarperNousDeteste.ca," which translates to "StephenHarperHatesUs.ca."

The banner had been flown over Montreal and other Quebec communities over the past two weeks, the release said, as part of the union's We Are All Affected campaign, which is protesting public-service job cuts.

"The PSAC believes that the RCMP terminated the flight for political reasons due to the banner, without taking the proper steps to adequately assess the situation," the release said.

Shorey said the grounding of the plane had nothing to do with the content of the banner it was flying.

Green Mile star Duncan dies at age 54

Michael Clarke Duncan, the prolific character actor who earned an Oscar nomination for his performance as a death-row inmate in *The Green Mile*, is dead at age 54.

Clarke died Monday morning at Cedars-Sinai Medical Center in Los Angeles, where he was being treated for a heart attack, said his fiancée, reality TV personality Rev. Omarosa Manigault, in a statement released by publicist Joy Fehily.

The muscular, six-foot-four Duncan, a former bodyguard who turned to acting in his 30s, "suffered a myocardial infarction on July 13 and never fully recovered," the statement said. "Manigault is grateful for all of your prayers and asks for privacy at this time. Celebrations of his life, both private and public, will be announced at a later date."

This past spring, Clarke had appeared in a video



Actor Michael Clarke Duncan shows off two awards for the film *The Green Mile* at the 27th annual People's Choice Awards in Pasadena, Calif., in 2001.

MICHAEL CAULFIELD/THE ASSOCIATED PRESS

Resumé highlights

- The Green Mile
- Armageddon
- Breakfast of Champions
- The Whole Nine Yards
- Sin City
- Talladega Nights
- School for Scoundrels
- Kung Fu Panda

for PETA, the animal-rights organization, in which he spoke of how much better he felt since becoming a vegetarian three years earlier.

"I cleared out my refrigerator, about \$5,000 worth of meat," he said. "I'm a lot healthier than I was when I

was eating meat."

Duncan had a handful of minor roles before *The Green Mile* brought him an Academy Award nomination for best supporting actor. The 1999 film, based on the Stephen King novel of the same name, starred Tom Hanks as

a corrections officer at a penitentiary in the 1930s. Duncan played John Coffey, a convicted murderer with a gentle demeanour and extraordinary healing powers.

His performance caught on with critics and moviegoers and he became a favourite in Hollywood, appearing in several films a year.

Born in Chicago in 1957, Duncan was raised by a single mother whose resistance to his playing football led to his deciding he wanted to become an actor.

By his mid-20s he was in Los Angeles, where he looked for acting parts and became a bodyguard for Will Smith, Jamie Foxx and other stars. The murder of rapper Notorious B.I.G., whom Duncan had been hired to protect before switching assignments, led him to quit his job and pursue acting full-time.

THE ASSOCIATED PRESS

Romney's vision like watching TV in black and white: Obama

Working it. Democrats deliver economic message in key swing state; Republicans characterize Obama as a failed president

Barack Obama on Monday laid out the theme his party will hammer home at the Democratic National convention this week, declaring that Republican challenger Mitt Romney wants to lead the U.S. with failed and outdated ideas that harken to the last century.

Obama was speaking in a pre-convention campaign swing to members of the United Auto Workers Union in Toledo, a city like many in Ohio where the economy is heavily dependent on the auto industry. Obama injected that industry with huge amounts of government money in the earliest days of his administration, preventing General Motors and Chrysler Corp. from likely going out of business and laying off more than one million workers.

Romney opposed the auto bailout and accuses Obama of profligate government spending that Republicans contend has done little to lift the country out of the economic morass after the Great Recession and near meltdown of the country's financial system, events that date to the presidency of Republican President George W. Bush.

The Republicans showed their political arguments last week during their convention in Tampa, Fla., where Romney was officially nominated. The theme of that gathering: Obama is a failed president.

The Democrats are fighting back. Obama said on Monday that watching the Republicans was like seeing an old television program in black and white.

Ohio is perhaps the most critical state for both candidates on Nov. 6, Election Day. It is one of seven so-called swing states, which will determine the outcome of the vote. Those states do not reliably vote for the presidential candidate of one party or the other.

As Obama issued a rousing call for the support of working men and women on Labour Day, his campaign surrogates were trying to put their economic message back in positive territory.

The campaign was trying to recoup after a weekend in which key Democrats acknowledge Republican claims that Americans are not better off four years after the president



U.S. President Barack Obama waves to supporters after speaking at a campaign event at Scott High School Monday in Toledo, Ohio.

TONY DEJAK/THE ASSOCIATED PRESS

swept into the White House on a message of hope and change.

From Toledo, Obama planned to travel to Louisiana to meet emergency personnel who have been labouring to restore power and tend to thousands of evacuees from flooded lands in the aftermath of Hurricane Isaac last week.

Romney, meanwhile, said the Labour Day holiday marked "another day of worrying" for too many Americans anxious about finding a job.

Romney hit the economic theme hard in a statement marking Labour Day as "a chance to celebrate the strong American work ethic" adding: "For far too many Americans, today is another day of worrying when their next paycheck will come."

Obama's backers were up early to try a morning do-over of his supporters' less-than-rosy answers Sunday when asked to answer the classic

campaign question: Are Americans better off than they were four years ago?

"Absolutely," said Stephanie Cutter, Obama's deputy campaign manager, speaking on NBC television. "By any measure the country has moved forward over the last four years. It might not be as fast as some people would've hoped. The president agrees with that."

Martin O'Malley, Maryland's Democratic governor, had answered the same question with a "no" on Sunday before turning the blame to Bush. Appearing Monday on CNN, O'Malley tried a more positive turn of phrase, saying, "We are clearly better off as a country because we're now creating jobs rather than losing them. But we have not recovered all that we lost in the Bush recession. That's why we need to continue to move forward" under Obama.

THE ASSOCIATED PRESS

According to the pollsters

Polls show the close race between two candidates with polar-opposite political philosophies, especially on the economy, depends on who can convince a majority of voters they can lead the U.S. out of the stubborn economic doldrums, a weak recovery from the recession and 8.3 per cent unemployment.

- Those polls show most Americans continue to

fault Obama's predecessor, George W. Bush, as author of the economic malaise.

- But most Republicans blame Obama for failing to turn things around during his first term.
- Romney, polls show, is favoured as the best candidate to handle the economy, although Obama is seen as the more likable choice.

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Muslim cleric accused of planting evidence on mentally challenged girl

Pakistan. Member of mosque says Qur'an pages were put in girl's bag to make it seem like she burned holy book

Pakistani police are investigating whether a Muslim cleric who allegedly tried to frame a Christian girl for blasphemy should be charged with insulting Islam himself and potentially face life in prison, a police officer said Monday.

Khalid Chisti was arrested Saturday after a member of his mosque accused him of stashing pages of a Qur'an in a Christian girl's bag to make it seem as if she had burned the Islamic holy book. He allegedly planted the evidence to push Christians out of his neighbourhood in Islamabad. He has denied the allegations.

The case has generated significant international attention because of reports that the girl is as young as 11 and is mentally handicapped. She has been held in prison for over two weeks, and will remain there until at least Friday after

her bail hearing was postponed for a second time Monday, said her lawyer, Tahir Naveed Chaudhry. The court adjourned the hearing until then because of a lawyers' strike, he said.

Police registered a blasphemy case against Chisti on Monday for allegedly desecrating the Qur'an, said police officer Munir Jafferi. If he is charged by a court and convicted, he could face life in prison, said Jafferi.

A separate section of Pakistan's blasphemy laws says insulting Islam's Prophet Muhammad carries the death penalty.

Police are also contemplating levelling additional charges against Chisti, such as fraud, planting evidence and making false allegations, said Jafferi.

Police arrested the girl from her neighbourhood in Islamabad over two weeks ago after an angry mob of several hundred appeared at a local police station, demanding action against her for alleged blasphemy. Police said at the time that they took her into custody partly to protect her from potential harm.

People accused of blasphemy, even those who aren't

Blasphemy laws

- Human-rights activists have long criticized Pakistan's harsh blasphemy laws, saying they are misused to persecute non-Muslims and settle personal vendettas. They have hailed Khalid Chisti's arrest as unprecedented and hope it will prevent false blasphemy accusations in the future.

convicted, often face vigilante justice by outraged Pakistanis. A Pakistani man accused of blasphemy in July was dragged from a police station in the centre of the country, beaten to death and his body set on fire.

Christians in the girl's neighbourhood left the area en masse as soon as the accusations surfaced, fearing retribution from their Muslim neighbours.

The girl's supporters say she is 11 years old and has Down syndrome; a medical board said she was about 14 and that her mental age didn't match her physical age.

THE ASSOCIATED PRESS



Monsoon over Mumbai

A worker pulls his cart through a flooded street during monsoon rains in Mumbai, India, on Monday. The monsoon rains, which usually hit India from June to September, are crucial for farmers whose crops feed hundreds of millions of people. RAJANISH KAKADE/THE ASSOCIATED PRESS

Kenyan cleric charged after deadly protests

A cleric who the UN says has urged the killing of U.S. citizens has been charged in court with inciting violent protests that left four people dead last week in Kenya's second-largest city.

Abubaker Shariff Ahmed appeared before the court

Monday in the port city of Mombasa after an arrest warrant was issued. He denies the charges.

Violent protests erupted in Mombasa last week following the assassination of hard-line Muslim preacher Sheikh Aboud Rogo Mohammed, a

close friend of Ahmed's.

Both men were under a travel ban and asset freeze by the UN Security Council and the United States for supporting the al-Qaida-linked Somali militant group al-Shabab.

THE ASSOCIATED PRESS

Cambodia. Officials arrests file- sharing site co-founder

A co-founder of popular file-sharing website The Pirate Bay was arrested in Cambodia at the request of Sweden, where he faces a one-year prison term for violating copyright laws, authorities said Monday.

Cambodian authorities arrested Gottfrid Svartholm Warg on Thursday at a home he had rented in the capital, Phnom Penh, said national police spokesman Kirth Chantharith.

"He is being detained in Cambodia and we are waiting to expel him," Chantharith said.

Cambodia has no extradition treaty with Sweden but has requested details of Svartholm Warg's crime in order to process his handover, he said, adding that Cambodia would act as quickly as possible.

Svartholm Warg and the site's three other founders were convicted in 2009 by a Swedish court of assisting copyright infringement by helping millions of the site's users to illegally download music, movies and computer games.

All were sentenced to one year in prison and ordered to pay 30 million kronor (\$3.6 million US) to entertainment companies, including Warner Bros., Sony Music Entertainment, EMI and Columbia Pictures.

Svartholm Warg failed to show up at an appeal hearing in 2010. In 2010, his defence attorney told the court he had received text messages from Svartholm Warg's mother saying her son had fallen ill in Cambodia and would not appear in court.

The appeals court reduced the prison sentences for the three other co-founders from one year to between four and 10 months and raised the amount they have to pay in damages to the entertainment industry to 46 million kronor (\$6.5 million US). **THE ASSOCIATED PRESS**



Murdoch protege in court

Rebekah Brooks, former chief executive of News International, arrives at Westminster Magistrates Court in London on Monday. The Rupert Murdoch protege has been formally charged with conspiring to hack into the phones of hundreds of well-known people and their associates. Brooks, who quit her position when the phone-hacking scandal exploded last year, has vowed to fight the charges.

SANG TAN/THE ASSOCIATED PRESS

Sweden

Hackers jam military websites

Swedish government websites were jammed by hackers for hours Monday, with some supporters of WikiLeaks founder Julian Assange claiming responsibility on Twitter.

The websites of the Swedish government, Armed Forces and the Swedish Institute were among those experiencing problems.

THE ASSOCIATED PRESS

Kenya

Nearly 280,000 teachers strike

Union organizers say nearly 280,000 teachers in Kenya are staying away from work to demand long-overdue pay raises, paralyzing resumption of classes after holidays. Wilson Sossion, chairman of the Kenya National Union of Teachers, said Monday that its 240,000 members did not report to work, responding to a call to strike by the union.

THE ASSOCIATED PRESS

Teachers get failing grade from students

Improper education. Students complain of unprofessional teachers at some career colleges: Documents

Complaints filed by students about some of Ontario's private career colleges allege that harassment from teachers, inadequate instruction and lack of proper equipment are hurting the quality of education at these increasingly popular institutions.

"The teacher is very degrading and belittling of her students on a daily basis," reads a complaint from a student at Everest College's Mississauga campus.

Among the complaints are numerous allegations that instructors behaved unprofessionally or lacked knowledge.

There are also claims that some schools didn't have the equipment needed for certain training programs and that instructors at several institutions didn't provide the amount of instruc-

Registered students

- There are more than 67,000 students attending registered private career colleges in Ontario, according to the provincial government.
- In B.C., some 50,000 students are enrolled in registered private career colleges, while Nova Scotia has just over 3,000 students attending such schools.

tion time promised.

The documents, obtained by The Canadian Press through a freedom-of-information request, outline 47 formal complaints made by students to Ontario's Ministry of Training, Colleges and Universities in 2010 and 2011.

The bulk of the complaints — about 36 per cent — were about Everest College, which has some 5,000 students and operates 16 campuses in the province.

They include facilities in

Toronto, Mississauga, Thunder Bay and Ottawa.

There are allegations an instructor at the school's Mississauga campus frequently swore in class, called students "baby" and "doll" and only provided half of the instruction hours promised.

"I strongly believe I smelled alcohol on her breath," one student alleges.

"Since being at this school I have been put on antidepressants and have been having a hard time sleeping, it has caused a huge amount of stress."

Ministry spokesman Gyula Kovacs says unless the ministry takes certain actions that are publicly posted, like a compliance order, it cannot release any information about what, if anything, was done in response to a complaint.

Carol Stanford, regional vice president of operations at Everest, said all of the school's instructors meet the minimum requirements set out by the Private Career Colleges Act, and many of them exceed these requirements.

THE CANADIAN PRESS

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SUMMER BUMMER – THE SEASON THAT CAME AND WENT TOO SOON



SHE SAYS...
Jessica Napier
metronews.ca

They say that the third Monday in January is technically the most depressing day of the year. Of course, Blue Monday is actually just the result of some pseudo-science put forth by a travel company as a way

to sell post-holiday getaway packages. Personally, I think today, the Tuesday immediately following Labour Day, might have Blue Monday beat on the gloom-o-meter. Let's call it Weep All Over Your Keyboard Tuesday.

Every year, the Labour Day long weekend comes and goes as a bittersweet farewell to summer. After a three-day final hurrah, it's time to roll up those picnic blankets, stow away the denim shorts and wake up from our collective summer dream that has filled the past few months with warm breezes and cool cocktails.

Stuff your knapsack

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and Thanksgiving. There is a shift in the atmosphere right now: The world is getting a little more serious as the rat race begins again.

Today, you will return to normality and have the same water-cooler conversation over and over again about how quickly the summer flew by. Rationally, we all know it came and went in the exact same number of days and hours that it always has, but our collective groaning and post-Labour Day dialogue is just part of the grieving process.

In the spirit of back-to-school shopping and curable-via-commerce emotional anguish, I felt compelled to shop for a fresh new outfit. I tried to cheer myself up with a back-to-work ensemble, but all the burgundies and browns and classroom-themed window displays sent me running back to my wardrobe to clutch my floral dresses in despair. I can't let go, it's too soon.

As the vitamin D deprivation sets in, I will try my hardest to get excited for pumpkin-spice lattes and apple picking, but I know that part of me will always be yearning for humid air and endless daylight.

I guess we would never appreciate the warmth of summer without the cool breeze of fall.



A post-Labour Day groan will underpins much of today's small talk.

DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Another prince makes headlines

Don't look down

Duke of York takes a stroll

After Prince Harry's adventures in Vegas, another member of the royal family has found trouble.

At least Prince Andrew chose to be a spectacle, with this daring abseil down London's Shard, the tallest building in Europe.

The daredevil Duke of York performed the stunt for the Outward Bound Trust, an educational charity. Along for the ride were Ffion Hague — a fellow trustee with the charity and wife of the foreign minister — and several other participants.

Former pilot Andrew revealed he had the Queen's approval.

METRO



All smiles: Prince conquers Shard

Royal stunts

Andrew not the only thrill-seeker

- **Prince William.** Harry's brother landed a helicopter in his girlfriend's garden in 2008. The army described it as "sheer stupidity."

GETTY IMAGES PHOTOS

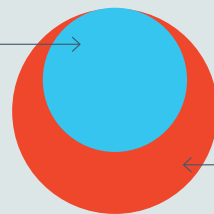


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@hatekowell:

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@cstclair1:

Dry summer? Yup #Halifax 40% less rain than avg #StJohns 60% less rain than avg #Ottawa 40% less rain than avg!

@BSommerhalder:

Listening to Radio Lab and drinking Crown on my balcony in the

sun. Sorry summer, I'm keeping you. #halifax

@sweetestthing87:

Wish I didn't make up this morning wanting to make pizza! Where can I find mozzarella in #halifax today? Nothing is open :(

@adambangay:

a bike to lawrencetown is on the menu for #laborday #halifax

DVD reviews



The Five-Year Engagement

Director. Nicholas Stoller

Stars. Jason Segel, Emily Blunt

The Five-Year Engagement pairs actors Jason Segel and Emily Blunt in a believable story about how fate and career choices can get in the way of best-laid plans, including marriage. Director Nicholas Stoller guided Segel in Forgetting Sarah Marshall and shares writing credits with him here. But it's producer Judd Apatow who keeps this frothy film from hitting it out of the rom-com ballpark. To Apatow, any joke worth doing is worth doing two or three times. You like that karaoke scene where the moron pal sings off-key embarrassing stuff? Get ready to see versions of it again and again. Engagement has a few good laughs and some home truths about the difficulties of maintaining personal relationships. Segel and Blunt are convincing as star-crossed lovers Tom and Violet. It's particularly good to see Rhys Ifans cast against type as Violet's reptilian boss. Now if only Apatow had a pair of scissors.

PETER HOWELL



The Sheepdogs recorded their latest material in Nashville. GETTY IMAGES

Sheepdogs don't stop at Rolling Stone cover

New album.

Saskatchewan rockers release fourth album and cast their eyes to a southern invasion

IAN GORMELY

scene@metronews.ca

With all due respect to Dr. Hook, there's far more to the Sheepdogs than a picture on the cover of the Rolling Stone.

The Saskatoon rockers hope to meet — or, says lead singer and guitarist Ewan Currie, exceed — expectations of the band with their new self-titled album.

While the quartet have ex-

ploded at home in Canada, in the U.S., they're still just that band who won a fan-voted contest that landed them the cover of the venerable magazine.

"Like, who are these guys, some American Idol thing?" jokes Currie of the band's image down South. "But I'm fully confident that we can back it up."

As he should be. The band's latest album, their fourth, was produced by the Black Keys' drummer Patrick Carney and marks a great leap forward for them, stepping out from behind their influences to showcase their tremendous sense of pop song craft.

The band met Carney at a festival in New York last year, and from the get-go it was clear that the drummer was look-

ing beyond a cursory meet and greet. "He was very interested to know what we were going to do for our next album," recalls Currie. "It was more than a casual question. 'I was like, 'Why are you so invested.'"

Never one to look a gift horse in the mouth, the band asked Carney if he was interested in producing their follow up to 2010's Learn and Burn. At first Carney declined due to scheduling conflicts, until a two-week window opened up this past January. The band quickly assembled the material they had and headed to Nashville to record. "It was as rushed, as is everything else we've done in the last year and a half, but I don't think we felt like we made it under any sort of duress," says Currie.

Penning tunes

Old is new again

Since the Rolling Stone cover contest, the Sheepdogs have been on a whirlwind schedule of gigs, appearances and press commitments, leaving them little time to write. Currie would demo new material on his laptop and then send tracks to Carney for feedback. The band brought several older songs to the sessions including the track Never Gonna Get My Love, which the band originally recorded four years ago but never released.

2 SCENE

On the web



Pearl Jam closes Made in America festival with help from Jay-Z; Drake, Run DMC also perform.

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Prince Harry GETTY IMAGES

British beautician gives some insider info on the royal jewels

If photos of Prince Harry's wild naked party in Las Vegas last month aren't enough, British beautician Carrie Reichert is more than happy to share some details of that wild night.

Reichert was invited up to the prince's suite along with nine other women for the evening's festivities, she reveals in an interview with Britain's the People. "Harry was already undressed. It was just crazy. He looked actually delirious," she remembers. "He would just randomly walk up to you and hug you. He was just really friendly and there were just really random naked hugs. It was funny."

But hugging wasn't all Reichert says she got up to with the royal, as she claims she at one point found herself alone with Harry.

"We kissed. He was naked at the time, and pretty open. It was a drunken fumble. It wasn't romantic, just fun," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Klum's spurned ex won't keep lips 'sealed'

When photos surfaced of Heidi Klum vacationing with her bodyguard, Martin Kristen, in Italy over the weekend, it didn't quite look like anyone was on the clock. Klum's ex-husband, Seal, was more than happy to confirm the rumors.

"I would have preferred Heidi show a little bit more class and at least wait until we separated first before deciding to fornicate with the help, as it were," the

singer told TMZ when asked for a comment on the photos, which show Kristen and Klum with their arms around each other.

"But I guess you now all have the answer that you've been looking for for the past seven months."

Usually, we'd feel gross still talking about a couple who separated almost eight months ago, but you'll remember that these two made us watch as they renewed their vows every year. Plus, they have "help" to "fornicate" with — they'll be OK.



Clint Eastwood THE CANADIAN PRESS

Obama's still a fan of Clint Eastwood after GOP convention ribbing

Pundits may be scratching their heads after Clint Eastwood's bizarre rant against President Barack Obama at the Republican National Convention, but the U.S. President himself isn't mad at the famous actor and director. "I am a huge Clint Eastwood fan," Obama told USA Today. "He is a great actor

and an even better director. I think the last few movies that he's made have been terrific." And as for whether he found Eastwood's remarks offensive? "One thing about being president or running for president — if you're easily offended, you should probably choose another profession," Obama says.



Russell Crowe GETTY IMAGES

Crowe gets a little coast guard help

Russell Crowe got an assist from the U.S. Coast Guard while kayaking off the coast of Long Island over the weekend when nightfall forced Crowe and a pal to come ashore 15 kilometres

east of where they'd set out, according to the Associated Press. "It wasn't really a rescue. Really, more of just giving someone a lift," says Coast Guard officer Robert Swieciki.

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metronews.ca

New blog

Editor aims to lose half of herself



Metro Winnipeg Managing Editor Elisha Dacey.
BERNICE PONTNAILLA/METRO

Two hundred ninety-five. Spelling it out makes it seem even worse. Either way, 295 is the scariest number I've ever written.

It's the number my little white scale flashed at me the last time I stepped on it. I think I heard it sigh in relief when I stepped off. Or, it could have been my knees creaking. Hard to tell.

When I pitched this idea to my boss, I never thought about the fact that this number was going to be out there. Across Canada. Across the Internet. The judgment that number sets me up for scares me.

Today, I aim to become less of myself. Because they make you pick a number, mine is 145 pounds – or, half the weight I am today.

My tools: An online subscription to Weight-Watchers.ca after my doctor recommended it, a blog that will run twice a week on Metronews.ca, and my running shoes. Which have never been used for actual running and never will, because running sucks.

I will eat real food. I'm doing this the right way, because I don't ever want to do this again. Also, because I'd rather die than give up chocolate.

Join me, because if I, a workaholic mother and wife can do it, so can you. **ELISHA DACEY'S BLOG, HALF OFF, WILL RUN EVERY TUESDAY AND FRIDAY ON METRONEWS.CA.**



Doctors are considering new methods of treating cancer in which each specific case is treated uniquely based on its characteristics. ISTOCK

Cancer care unequal around the globe

Research. World Congress considers unique treatment of each patient, and the state of global cancer research

CELIA MILNE
life@metronews.ca

Not all cancer care is created equal.

That was one of the resounding messages from last week's World Cancer

Congress in Montreal, which brought together more than 2,000 cancer experts from around the globe.

"We have made great strides in cancer control," Canadian expert Dr. Elizabeth Eisenhauer told Metro. "But contrast this with places where people are dying of cancer without any pain medication."

Eisenhauer was one of the speakers at the Congress. She is the director of oncology at Queen's University and Kingston General Hospital, and co-chair of the Canadian Cancer Research Alliance.

Right now in cancer research, there is a lot of buzz about identifying groups of patients that will benefit from certain medications based on their pathology results. An example of this is in breast cancer, where about 20 to 25 per cent of patients qualify for cancer drug Herceptin because their cancer is HER-2 positive.

The next frontier — which Eisenhauer says is still a long way away — is to be able to treat each patient uniquely. So while cancer treatment is getting more precise, it's not yet

personalized. "What people are getting excited about is taking the tumour and doing genetic sequencing and finding drugs for those five or 10 mutations that are unique to that individual," she says.

While wealthy countries reported great scientific progress, the news from poor countries was sobering.

"Even though there is lots to be done in cancer control in Canada, there is much more to be done globally. There is a lot of suffering that doesn't happen here."

3 LIFE

On the Web



'Not without my iPad': Young tech-savvy docs want a real life, but don't call them slackers

Best Health. Canada's Jamie Oliver lives in Stratford, Ont.



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know Canada has its very own crusader for getting kids to eat healthier?

His name is Paul Finkelstein, and his delicious, easy recipes are featured in every issue of Best Health magazine. In our September issue, on newsstands now, we have a feature article by Erin Phelan about this innovative high-school teacher and chef based at North-

western Secondary School in Stratford, Ont.

So what exactly is Paul doing to improve school nutrition?

As part of his culinary arts program, he has created the student-run — and student-named — Screaming Avocado cafe.

His students create healthy lunch choices that will appeal to kids when they're deciding what to eat for lunch: dishes like Pulled Pork on Homemade Ciabatta, and Seafood & Chicken Paella.

Meals cost just \$3 or less,

which is healthy competition for the burgers and fries sold at the cafeteria down the hall. "If you give kids a healthy choice, many of them will take it," says Paul.

His model is getting the attention of educators across Canada, including in Souris, PEI, where famed chef Michael Smith is creating a similar culinary arts program in a new school that will house a state-of-the-art kitchen, and a greenhouse.

"Paul proves that nutritional literacy belongs in schools, and when it is, kids

thrive" says Smith.

Canada is the only G8 country without a national school meal program. Nearly a quarter of Canadian kids aged two to 17 are overweight or obese, according to Active Healthy Kids Canada. And, says the Canadian branch of the Centre for Science in the Public Interest, "School meal programs help boost rates of attendance and graduation, improve performance, reduce behavioral problems and help form life-long eating patterns that can lead to longer, disability-free lives."

There would also be an economic impact. A Queen's University study found that the combined cost of physical inactivity and obesity is close to \$10 billion, or nearly five per cent of total health-care costs.

To read more about Paul Finkelstein's innovative school food program, see our September issue, on newsstands now.

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Chicken shows cheesy side



ROSE REISMAN
for more, visit
rosereisman.com

I initially created this recipe for white fish. I then tried the delicious topping over a grain. Now I've found it works well with chicken. For the Chicken with Plum Tomatoes and Three Cheeses, use a variety of cheeses of your choice. But be sure to include

Ingredients

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 3/4 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 1/3 cups diced plum tomatoes
- 1/2 cup shredded havarti
- 1/4 cup crumbled goat cheese (about 1 oz)
- 2 tbsp grated Parmesan cheese
- 1/4 cup finely chopped black olives
- 1 tsp finely chopped garlic
- 1 tsp dried basil
- 3 tbsp chopped fresh parsley



This recipe serves six. RYAN SZULC FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

some stronger-tasting ones.

1. Preheat oven to 425 F. Lightly coat a 9- x 13-inch casserole dish with cooking spray.

2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to a 2-inch thickness.

3. Beat egg and milk in shallow

bowl. Place bread crumbs on a separate plate or shallow dish.

4. Lightly coat skillet with cooking spray add oil and place over medium-high heat. Dip each flattened chicken breast into the egg mix, then coat in bread crumbs. Cook 3 mins. per side or until browned and almost cooked through. Transfer to prepared casserole dish.

5. Combine tomatoes, havarti, goat and Parmesan cheeses, olives, garlic and dried basil in a bowl. Spoon over chicken breasts. Cover and bake 10 minutes or until cheese melts and chicken is done (has reached an internal temperature of 165 F). Garnish with fresh parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Tea-Coffee Smack down



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's in your hands right now? Are you sipping North America's morning sweetheart: coffee? Or a nice cup of the tea that most of the rest of the world enjoys?

There are benefits to both, but cutting down the coffee and stepping up the tea may just make you healthier.

Here's how:

Tim Hortons small coffee (100 mg caffeine) vs small tea (60 mg caffeine)

It is recommended that you get no more than 300 mg of caffeine each day. That

means you can have five small cups of tea and only three small cups of coffee each day.

Cream for small coffee (40 calories) vs. milk for small tea (15 calories)

Chances are you will drink your tea with milk and not cream.

Switch just one of your cups of coffee with cream to tea with milk for a whole year and save yourself 9,125 calories.

That represents 2.6 pounds per year. You could stand to lose 2.6 pounds this year without any work at all, right?



Theresa Albert is an author and nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com

Give stir-fry big and bold taste of lemon grass

1. In small saucepan over medium-low heat, combine lemon grass, 1/4 cup of can-

ola oil and the wine. Heat to low simmer, then set aside to cool to room temperature.

Ingredients

- Two 4-inch pieces lemon grass, lightly crushed with a meat mallet or rolling pin
- 1/4 cup canola oil, plus 2 tbsp
- 1/2 cup white wine
- 1/2 tsp whole peppercorns
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp dry ginger
- 3 boneless, skinless chicken breasts (about 1 1/2 pounds), cut into 1-inch chunks
- 3 cups broccoli florets
- 2 red bell peppers, cored and cut into strips
- 1 tbsp cornstarch
- 1/4 cup cool water
- Rice or egg noodles, to serve

2. In spice grinder, combine peppercorns, salt, garlic powder, cumin and ginger. Grind until reduced to fine powder. Stir into the oil and lemon grass mixture, then transfer entire thing to large bowl. Add chicken, toss to coat, then refrigerate for at least 1 hour.

3. When ready to cook, heat wok or large, deep sauté pan over medium-high. Add remaining 2 tablespoons of canola oil and heat until nearly smoking. Add the broccoli and red peppers and sauté until

just starting to brown, about 5 to 6 minutes. Use a slotted spoon to transfer the vegetables to a plate.

4. Discard lemon grass from chicken, then add chicken to pan, reserving marinade in the bowl. Cook until starting to brown, about 10 minutes.

5. Add marinade from bowl to wok and bring to a boil. Cook for 2 minutes.

6. In glass, mix cornstarch and water, then add to pan. Cook until sauce thickens,



This recipe serves four. MATTHEW MEAD / THE ASSOCIATED PRESS

about another 2 minutes.

7. Return vegetables to pan

and toss to coat. Season with salt and pepper. Serve over rice or noodles. THE ASSOCIATED PRESS

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Valuable lessons from divorcees

Reading. You Can Be Right or You Can Be Married offers a look at some people who've had their marriages fall apart

HEIDI
PATALANO
Metro New York

The Dana Adam Shapiro of a few years ago would not have ordered a steak while out on a first date with a vegetarian.

But after spending years interviewing divorcees for his new book *You Can Be Right or You Can Be Married* (on sale Tuesday), the Shapiro who ordered the juicy slab of meat was a changed man.

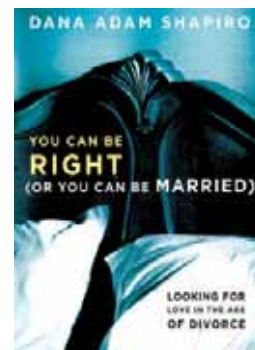
"That was a very tangible effect of the book," he admits. "So much of the dating process is theatrical. ... You're sort of auditioning, and when

you're doing so you're not really being yourself. ... The inevitability is that your real self is going to come through, so you better do it sooner rather than later."

This is just one of the lessons the author took away in the writing of his book. He interviewed dozens of anonymous divorcees who offered unvarnished accounts of their own heartbreak. From there, he extracted a few near-universal truths that he offers to Metro readers:

1. Cheating happens because of complacency: "(Divorce happens when) people aren't putting that effort in any more," Shapiro observes. "That's probably the worst thing you can do. You really do just have to re-earn it all the time."

2. We often expect problems to solve themselves: "One woman said to me, 'A man marries a woman hoping that she won't change and a woman marries a man



hoping he will change and he doesn't," Shapiro says. "We bury a lot of the problems in the hopes that they'll just get better."

3. There is such a thing as compromising too much: "I think a lot of people try to be the ideal spouse, but sometimes it's at their own expense," he adds. "You wake up 10 years later thinking, 'I'm not me anymore.'"



Author Dana Adam Shapiro. HANDOUT

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Sophia has an enchanting, warm disposition and has been observed doing somersaults in her kennel. She is people-friendly and curious. She has a dynamite personality that is engaging and spirited. She initially presents like a laid-back cat but her true self is fun-loving and full of spunk. Sophia is waiting to meet you so please drop by the shelter for a visit.

For more information on Sophia and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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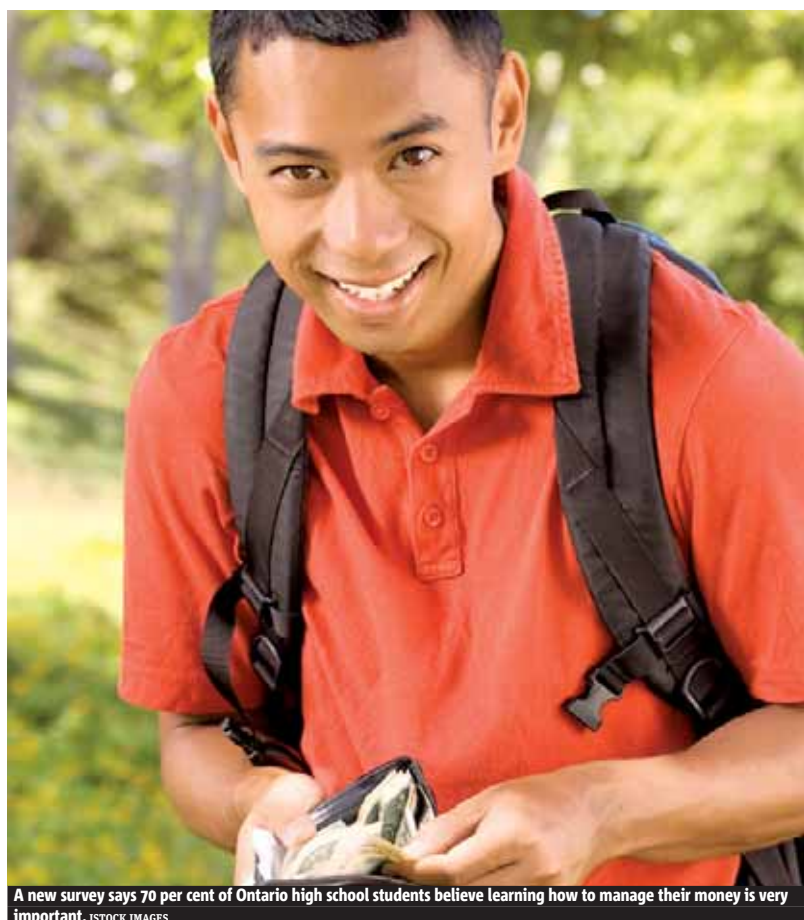


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A new survey says 70 per cent of Ontario high school students believe learning how to manage their money is very important. ISTOCK IMAGES

Is the next generation prepared to manage their finances?

Alison's Money Rule.
The cure for a financially sick society is raising money-smart kids



YOUR MONEY
Alison Griffiths
money@metronews.ca

News flash! They care. They really care! I'm talking about teens and money. And no, it's not just about having it and spending it. Teens, as it turns out, are deeply interested in becoming financially literate. Perhaps the high school generation is learning by bad example.

Their parents and grandparents have managed to become the most indebted Canadians ever, owing \$153 for every \$100 of disposable income. This state of affairs is a leading cause of stress and stress doesn't make for happy families.

According to a new survey

released by the non-profit Investor Education Fund (getsmarteraboutmoney.ca), 70 per cent of Ontario high school students believe that learning how to manage money is important or very important. And here's the key statistic, 69 per cent believe that personal finance should be taught in schools, a 12 per cent jump from 2009.

Teaching personal finance as a distinct course of study from elementary through to high school is critical. In fact, I think the future health of Canada depends on it as financial lives become ever more complex.

We're on the verge of transition to an e-pay society, which widens the distance between our money and us, just as credit and debit cards did when introduced in the 1950s and 1970s respectively.

Financial contracts are complicated, investment jargon baffles most people and pension options will only get more difficult to understand as corporations and governments retreat from the defined benefit pen-

In numbers

25%

Only 25% of students say their school provides them with most of the personal finance lessons they need.

sion plans of the boomer generation.

In other words, as the 21st century matures our teens will have to get it right. But they feel they lack the tools. Only 40 per cent of high school students believe they're prepared to manage their finances after graduation.

And it is deeply concerning that 70 per cent of them aren't saving for post-secondary studies. Parents may not be able to change the curriculum in schools tomorrow but inspirefinanciallearning.ca has some great lesson plans for grade four through 12, which can be adapted at home.

Take your teens in hand financially; they will thank you for it.

Students can tackle large expenses resourcefully



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Thousands of students are heading back to school this week with high hopes and tight budgets.

If you're making financial trade-offs between tuition payments, social activities and quality food, read on.

Living costs, for example, can easily be reduced by having roommates and selecting a place that might be smaller, but has cheaper rent (ensure it's close to a transit system).

Living with extended family, friends, parents or grandparents can also save a bundle. If your landlord needs repairs or maintenance (mowing and shovelling) done on their property, swap your handy-man/woman services in exchange for a break on rent.

Non-traditional homes can be highly affordable. For example, I know two individuals that rented a mobile home with roommates and a third person who camped through-out school when the weather was nice.

These days, many students can get by without a car and use the transit system. But if not, community car sharing

programs like Zipcar and Car2Go, are available in most major cities.

Tuition expenses can be significantly reduced through scholarships, bursaries and exemptions. Investigate whether your employer or your parent's employer has any grant programs for post secondary. When tax season rolls around, students benefit from attractive tax credits which can translate into immediate returns if the student has an income, or future returns when they start working.

To benefit from these, keep all your receipts from school related expenses — tuition slips, books, supplies, transit, living costs, and moving expenses. Try to creatively find ways to save on little expenses like beverages, gum, cell phone bills, meals and snacks.

School supplies and electronics can be killer expensive so avoid buying unnecessary items.

Reuse leftover supplies and buy books used before dumping money into new ones. Use coupons for computers and check out second-hand or refurbished electronics. If you already own a computer, use it until it dies. Just ensure you back it up regularly and have super-powered anti-virus software.

Grab your roommates and head to Costco or another discount distributor. Buy household items like toilet paper and toothbrushes in bulk. Non-perishable food items are also incredibly affordable at these retailers. I would recommend loading up on healthy brain foods so that you'll have a balanced diet while working through late-night papers and prepping for exams. Last, find free stuff on Kijiji like desks, chairs and book shelves.

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Owens' big day lifts the Argos to win

CFL. Toronto rallies past Hamilton with late-game heroics from receiver

Chad Owens was there when the Toronto Argonauts needed him the most Monday.

The speedy receiver amassed a club-record 402 combined yards to help Toronto rally for a thrilling 33-30 win over the Hamilton Tiger-Cats in its final Labour Day showdown at Ivor Wynne Stadium. Owens had two clutch receptions for 29 yards — including a sparkling one-handed, 18-yard grab — on the Argos' final possession with a stiff wind that kept the fateful 51-yard, seven-play drive alive and allowed Swayze Waters to boot the winning 33-yard field goal with 26 seconds remaining.

The late-game heroics were also sweet redemption for Owens, who fumbled twice in the contest, losing one.

"It's something I have to be cognizant of and maybe sometimes stop trying to fight for those extra yards,"

West Division game

Stamps edge past Eskos

Larry Taylor caught a seven-yard touchdown pass from Kevin Glenn with 63 seconds remaining as the Calgary Stampeders edged the Edmonton Eskimos 31-30 in the annual Labour Day clash Monday.

On the last play of the game, Grant Shaw attempted a 48-yard field goal into the wind, but the ball sailed wide to the left and Taylor ran it out of the end zone as time expired.

The two teams have a rematch Friday in Edmonton. **THE CANADIAN PRESS**

Owens said of the fumbles. "I told Ricky (Argos quarterback Ricky Ray) I appreciate him trusting me and going to me in certain situations and trusting that I'll make the play." **THE CANADIAN PRESS**



Jewells and Canada shining at Paralympics

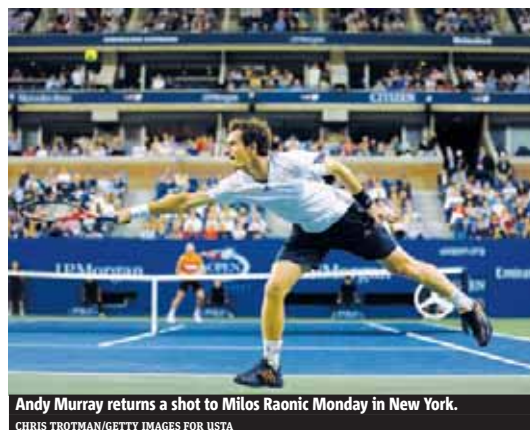
Donkin's Jamey Jewells competes for Canada's wheelchair basketball team at the Paralympic Games in London on Sunday. Jewells, one of four Nova Scotians competing at the Paralympics, has helped Canada clinch a spot in Tuesday's quarter-finals. **PHOTO BY WHEELCHAIR BASKETBALL CANADA**

Mobile sports



With the regular season beginning on Wednesday, NFL officials are still locked out in labour dispute. Using replacement referees for the pre-season resulted in some embarrassing gaffes and the NFL has to be hoping they can continue to learn on the job. Scan the code for the story.

Raonic no match for Murray in New York



Andy Murray returns a shot to Milos Raonic Monday in New York. **CHRIS TROTMAN/GETTY IMAGES FOR USTA**

Milos Raonic's best just wasn't good enough against Olympic champion Andy Murray.

The native of Thornhill, Ont., lost to Murray 6-4, 6-4, 6-2 on Monday in the fourth round of the U.S. Open.

"It was a tough match, he was just too good," said Raonic. "I was never comfortable and he played extremely well. This was a big loss, I really gave everything out there and I've never felt such a defeat."

Murray, still seeking his first Grand Slam title, reached the quarter-finals at an eighth consecutive major tournament by beating the

Closed quarters

- Raonic was trying to become the first Canadian man in a Grand Slam quarter-final in the Open era, which began in 1968.
- Canadian women are the only ones to have made the last eight in a Slam, most recently through Patricia Hy-Boulais at the 1992 U.S. Open.

16 from a qualifying start at the Australian Open last year.

"This was my eighth Grand Slam and I'm pretty new to this," said Raonic. "I've only played here twice. Sometimes I get frustrated with myself."

Raonic stands 1-7 against top five opponents, with his only win coming against Murray on clay in Barcelona last spring.

"I need to improve a lot of things in my game if I'm going to compete with guys at the top level," he said.

Despite his disappointment, Raonic will rise to an ATP ranking of around 14th next Monday.

THE CANADIAN PRESS

15th-seeded Raonic.

Raonic reached this stage at a major for the second time after getting to the last

AUS football

Huskies lose to Mounties in pre-season game

The Saint Mary's Huskies lost 16-10 to the Mount Allison Mounties in Atlantic University Sport pre-season football action in Sackville, N.B.,

on Saturday.

Brett Lauther, with a 27-yard field goal, and Todd Speakman, with an eight-yard touchdown reception from Jean Legault, provided the offence for the Huskies before a crowd of 1,308. The Huskies open the regular season on Saturday at 2 p.m. against the Acadia Axemen in Wolfville.

METRO

Tennis

Nadal to sit out two more months

Rafael Nadal has a partially torn patella tendon in his left knee and will be out at least the next two months, including Spain's upcoming Davis Cup semifinal against the United States.

THE ASSOCIATED PRESS



Rafael Nadal GETTY IMAGES FILE

Golf

McIlroy rises to top at Deutsche Bank

Rory McIlroy overcame a three-shot deficit Monday in five holes to close with and escape with a one-shot win over Louis Oosthuizen at the Deutsche Bank Championship in Norton, Mass. **THE ASSOCIATED PRESS**

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Mariners top sloppy Red Sox

Boston Red Sox second baseman Dustin Pedroia throws to first after forcing out Mariners runner Carlos Peguero at second base in Seattle on Monday. Jason Vargas pitched seven solid innings for the Mariners, who sent Boston to its season-worst seventh straight loss, beating the sloppy Red Sox 4-1. ELAINE THOMPSON/THE ASSOCIATED PRESS

Blue Jays shut down by Saunders' 3-hitter

MLB. Orioles left-hander outlasts Toronto's Happ to earn shutout victory at Rogers Centre

Toronto starter J.A. Happ said he tried not to concern himself about what pitching counterpart Joe Saunders was doing on the mound.

That proved impossible, as Saunders put in a dominating performance. He went five innings without allowing a base runner and surrendered just three hits as the Baltimore Orioles blanked the Blue Jays 4-0 Monday in Toronto.

"You try not to think about it but when you're out there you kind of know," Happ said. "You just want to give us the best chance you can but sometimes you try to do a little too much and be a little too fine. But I tried to stay aggressive."

Saunders' perfect game bid ended with two out in the sixth



Jays first baseman Edwin Encarnacion applies a tag to Baltimore's Manny Machado on a pickoff from catcher Jeff Mathis in Toronto on Monday. CARLOS OSORIO/TORSTAR NEWS SERVICE

inning when Adeiny Hechavarria singled to centre. By then the Orioles had control of the game.

"You try to keep making pitches, you try not to think about it out there," Saunders said. "I just hung a changeup to the nine-hole hitter."

Saunders (7-11) held the Blue Jays to three hits and two walks in 6 1/3 innings in his second start for the Orioles since they traded right-hander Matt Lindstrom to Arizona for him on Aug. 26.

He lost his first start for the Orioles 8-1 to the Chicago

White Sox on Aug. 29, allowing 10 hits and seven runs.

"Today he settled in a little bit more," Orioles catcher Matt Wieters said. "He was definitely in control the whole game and was able to mix in different off-speed pitches."

THE CANADIAN PRESS

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Metro News requires a delivery driver for Halifax. Applicants must have a large, reliable vehicle and be able to do heavy lifting. You must have a valid driver's license and insurance. Deliveries are within the business district and must be completed rain or shine. To apply please forward your resume, the date you are available to start work and the year/make of your vehicle to:

Email: april.doucette@metronews.ca
Fax: 422-5610

Resumes may also be dropped off at the Metro News - 3260 Barrington St, Suite 102, Halifax NS B3K 0B5 Attn: April Doucette

* Only people selected for an interview will be contacted.

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ANNOUNCEMENTS

Spiritual

MOTHER THERESA
Say 9 Hail Mary's for 9 days.
Ask for 3 wishes, first for business, second and third for the impossible.
Publish this article on the 9th day.
Your wishes will come true. -ART

Spiritual

Thank-you a PRAYER to the Blessed Virgin (Never Known to fail.)
"Oh most beautiful flower of Mt. Carmel, fruitful vine, splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me you are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart to succor me in necessity (make request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (say three times). Holy Mary, I place this prayer in your hands (say three times). Amen." Say this Prayer for 3 consecutive days and then you must publish it and it will be granted to you. -AT

Worship with us at Deeper Life Bible Church
Location: Canada Games Centre, Halifax
Wednesday Bible Study @ 7pm-8:30pm
Sunday Worship Service @ 10am-12pm
www.deeperlife.ca
902-817-7706
1-800-710-1517

Community Events

Halifax Reptile Expo 2012
Sunday, September 9
10:00am-4:00pm
McInnes Room
Dalhousie Student Union
6136 University Avenue,
Halifax, NS
Adult: \$5.00
Children: \$3.00
(11 and under)
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Apartments Unfurnished

Apartments Unfurnished

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104 & 106 Albrow Lake Rd & 127 Slayter St
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Bach \$475
1 BR \$561

15 Kennedy Dr
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2 BR \$677
3 BR \$765

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81 - 65 Primrose St 2 & 4 Franklin Cr.
1 - 10 Crystal
1 BR \$587
2 BR \$711

15, 25, 35 Leaman
Bach \$540
1 BR \$645
2 BR \$743

87 Pinecrest Dr 1, 3 Farthington Place
1 BR \$594
2 BR \$720

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2012 Hfx. No. 394506

Supreme Court of Nova Scotia

Between:

THE TORONTO-DOMINION BANK, a body corporate Plaintiff

-and-

LORNA GAIL BRETON and AMANDA JACQUELENE BRETON Defendants

Notice of Public Auction

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 177 Thomas Street, Lake Echo, Halifax County, Nova Scotia also known as **PID 40539256** and more fully described in the mortgage recorded at the Halifax County, Land Registration Office] at document number **93625177**. The parcel has been registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: Thursday, September 27, 2012

Time of Sale: 12:30 p.m. in the afternoon, local time.

Place of Sale: The Law Courts, 1815 Upper Street, Halifax, NS B3J 1S7

Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the day of August, 2012

Sheriff for Halifax County, Province of Nova Scotia

I. Andrew Rankin
BURCHELLS
1800-1801 Hollis Street
Halifax, NS B3J 3N4
Telephone: 902-423-6361/Facsimile: 902-420-9326
1040346/lkl

2012 Hfx. No. 397887

Supreme Court of Nova Scotia

BETWEEN:

THE TORONTO-DOMINION BANK, a body corporate Plaintiff

and

WBLI INCORPORATED, Trustee in Bankruptcy for the Estate of ANN ISABELLA PRICHARD, and WBLI INCORPORATED, Trustee in Bankruptcy for the Estate of Peter Eric Ratchelous Defendants

Notice of Public Auction

To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 835 Herring Cove Road, Herring Cove, Halifax County, Nova Scotia also known as **PID 40074635** and more fully described in the mortgage recorded at the Halifax County, Land Registration Office at document number **95699857**. The parcel has been registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: Thursday, September 27, 2012

Time of Sale: 12:30 p.m. in the afternoon, local time.

Place of Sale: The Law Courts, 1815 Upper Street, Halifax, NS B3J 1S7

Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the day of August, 2012.

Sheriff for Halifax County, Province of Nova Scotia

I. Andrew Rankin
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Horoscopes

Aries

March 21 - April 20

Deal curtly with people who annoy you today. That is not an invitation to be rude but there is no law that says you have to be nice to everyone you meet, especially those who waste your time on trivial matters.

Taurus

April 21 - May 21

You must stay on top of your workload, because if you let things slide you will find it hard to catch up again later on. If you can't do it all yourself then delegate more. Trust others to do a good job.

Gemini

May 22 - June 21

Your efforts, both at home and at work, will pay off eventually but why does it take so long? Actually it doesn't. It's just that being a Gemini you tend to be impatient. Relax — it's all going according to plan.

Cancer

June 22 - July 23

You are taking certain issues too seriously and need to realize that you are not the one to blame for someone else's problems. See to your own needs today. Focus only on what matters to you personally.

Leo

July 24 - Aug. 23

Something will strike you as funny today but if you laugh too loud or too long others might get the impression that you are laughing at them. The best jokes are those during which you can all laugh together.

Virgo

Aug. 24 - Sept. 23

Resist the temptation to get involved with a plan or project you really don't know that much about. Before the day is over you could be out of your depth and swimming in shark-infested waters!

Libra

Sept. 24 - Oct. 23

A disagreement of some kind is likely but it will be over as quickly as it started, so don't take it too seriously. This may even be one of those situations where a bit of strife brings you closer together.

Scorpio

Oct. 24 - Nov. 22

You are expecting far too much of yourself, which is an invitation to disappointment. You have absolutely nothing to prove, to yourself or to other people, so aim a bit lower and enjoy life a bit more.

Sagittarius

Nov. 23 - Dec. 21

Everyone is born with a special talent and everyone has a destiny to fulfill. Once you realize that, you will be less likely to compare yourself to other people. Focus on your life's goal. You know what it is.

Capricorn

Dec. 22 - Jan. 20

The planets will bring your leadership qualities to the forefront today and you will find that others rely on you to make the right decisions. Don't turn your back on them: They need you and you need them.

Aquarius

Jan. 21 - Feb. 19

There are no barriers. There are no limits. Your life will always be what you want it to be. If you desire something enough, you will find a way to get it. It may take a little time but nothing is impossible.

Pisces

Feb. 20 - March 20

At some stage today you will realize that most of the things you have been fearful about are not worth the time and the energy. Once you get over them, the sense of freedom you feel will be life changing.

SALLY BROMPTON

Crossword: Bits and Pieces

Across

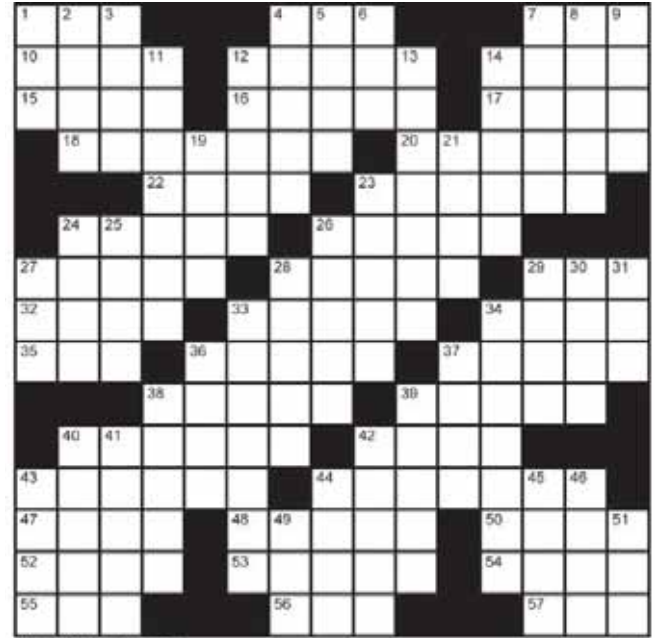
- Place to drink
- ___ Beta Kappa
- Ocean
- Operatic solo
- Insurance adjuster's investigation
- Big moisturizing products name
- Red ___: Alberta's third-most-populous city
- Sound on a tuner
- Bouquet holder
- Canada's fourth-largest province
- Beirut-born Canadian star of *The Matrix* series
- Keanu
- Another word for margarine
- Core groups of trained personnel
- Elliott of *Ocean's* 11, 12, 13
- Geometric functions
- Mike ___: Scarborough, Ontario-born *Saturday Night Live* alumnus
- Papal language
- Many a CEO's deg.
- Center of the eye
- Stories
- Ancient France
- "You've Got Mail!" ISP
- Tiny bits, from a Greek letter
- Consume noisily, as soup
- "No Right Turn ___" (2 wds.)
- Windsor, Ontario-born singer Shania
- Bay surrounded by Nunavut, Manitoba,

Ontario, Québec

- Bric-a-___: knickknacks
- Largest monkey
- Fries, cheese, and gravy dish
- Not worth ___ (2 wds.)
- 1,000 kg
- "Electric" fishes
- Have a primary role
- How the hair of frightened comic book characters stands (2 wds.)
- Valentine gift
- Fri. follower
- Wed. preceder
- ___ Brunswick

Down

- Evil
- Specialty (in education, say)
- A founder of Manitoba, and a political and spiritual leader of the Métis people
- A dwarf planet, now
- "Humpty Dumpty ___ great fall" (2 wds.)
- 3 on a sundial
- NWT's Great ___ Lake
- Lets up
- Affirmative votes
- Leafy shelters
- Gave a hoot
- Toronto-born Rick of *Honey, I Shrank the Kids*
- Surpluses
- House wings
- Utopia
- Gives a ticket
- Greek deli specialty
- Trompe l'___: fool-the-eye art
- Greens
- ___ Farrow: Woody Allen's ex
- Grow dark
- A Hawaiian island
- Be in the sun too long
- Jungfrau or Matterhorn, e.g.
- Home of the Argonauts
- Yukon mountain sight



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Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

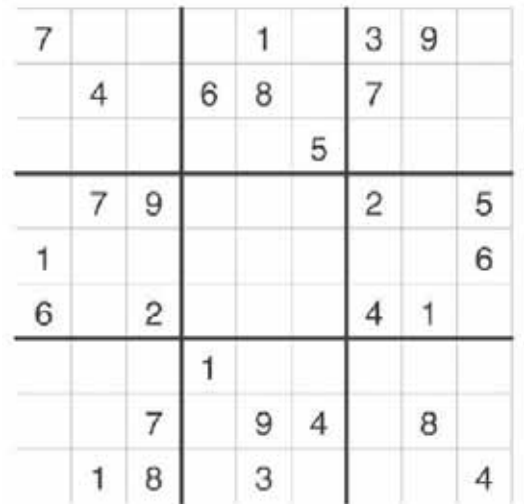


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Today 23°/13° Mainly sunny
Wednesday 18°/16° Rain
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